

FIVE STEPS

TO HELP AN OFFICER SEEKING SUPPORT



HOW CAN I HELP?

IF A BROTHER OR SISTER IN UNIFORM ASKS FOR HELP, WILL YOU BE READY? YOU MAY BE THEIR LIFELINE AT THAT MOMENT. BE PREPARED TO HELP. **YOU MAY NOT HAVE ANOTHER CHANCE.**

BE PRESENT

They are reaching out for help.

Our demeanor should be supportive.
They are valued and important.
Make sure they know it.

Understand that it took courage for them to be vulnerable.

Show sincere empathy, tell them that you care.

Go to a safe and quiet place without disruptions, if possible.

Make time to follow up.

BE A TRUSTED RESOURCE FOR HELP

Ask them what they need and how you can help.

Do not rush to solve their problems for them.

Be familiar with available resources and services to help.

Help them connect with a culturally competent mental health professional.

BE DIRECT

Ask clearly about their safety—
“Are you safe right now?”
“Do you feel like hurting yourself?”

Tell them what you are going to do to help.

BE AN ACTIVE LISTENER

Be comfortable with pauses and silence.

Your time to speak will come.
First, listen to understand.

Let them speak freely.

Ask open-ended questions.

Avoid being judgmental; acknowledge their emotions.

Control your emotions.

Show empathy.

BE SUPPORTIVE AND DEVELOP AN ACTION PLAN

Understand that you may not have all of the answers.

Understand that you may not be the one who helps them address their problems.

You can provide support and help them remove barriers to help-seeking.

Continue to be there for them; walk with them on their journey to wellness.

SUICIDE & CRISIS LIFELINE

CALL 988

or contact the **CRISIS TEXT LINE**
by texting “**BLUE**” to **741741**

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A CRISIS, IMMEDIATE RESOURCES FOR HELP ARE AVAILABLE.



THIS INFOGRAPHIC SUPPORTS THE SAFLEO WEB EVENT **ENHANCING RESILIENCE BY EMBRACING COURAGEOUS VULNERABILITY**. WE ENCOURAGE YOU TO VIEW A RECORDING OF THE WEB EVENT BY VISITING **SAFLEO.ORG**.